

Annual Walk This Way Enid begins

By Kasey Fowler, Staff Writer

Close to 1,000 people took their first steps to a healthier life Saturday morning at Meadowlake Park.

Teresa Bailey, Garfield County Health Department health educator, was logging a lot of miles herself, making sure the second annual Walk This Way Enid got off on the right foot.

"It is a walking contest to promote people to start and maintain a walking program," Bailey said of the individual initiative she expected to attract 900 by the end of the sign-up Saturday.

In an atmosphere full of energy, participants signed in for the program and picked up T-shirts and pedometers so they can start their healthy habit.

Dr. Cheryl Evans, Northwestern Oklahoma State University-Enid dean, and Rae Wilson, Northwestern assistant professor of social work and director of field education for social work, came out to the kick-off event to pick up their T-shirts and pedometers.

"We need a healthy community. This is a great way," Evans said. "It is a motivation to establish a healthy habit."

Northwestern has about 21 participants in Walk This Way Enid.

Wilson and Evans agree the program promotes interaction with friends, family and coworkers.

"On the Northwestern Enid campus we are pretty much a family, and it gives us another bonding experience," Wilson said.

She also said Walk This Way Enid helps her get involved in the community.

"I just moved to Enid, and this is a way to get involved in the community," said Wilson.

Time for the walkers began Saturday after registration, and they can log in all the miles walked for the next six weeks.

Prizes will be awarded to top walkers who qualify in the individual, team and corporate categories.

Sponsors include Integris Bass Baptist Health Center, St. Mary's Regional Medical Center, Continental Resources, Groendyke Transport, McDonalds, Advance Food, Security National Bank and Garfield County Health Department.

Walk This Way Enid is made possible by Enid Metro Health Planning Committee.